

For Individuals and Families

Pandemic Influenza

Top 20 Ways to Prepare

1. **Have an emergency kit on hand with medical supplies and 72 hours' supply of food and water for all people and pets in your household**
2. **Stay informed and up to date. Check official Internet sites regularly.**
3. **Plan to get your annual influenza immunization.**
4. **Teach your children good hygiene to protect them from the virus, This means wash hands frequently, before eating, and after toilet visits. Keep soap at each sink. When you are sick, stay home! Cover your cough and sneeze with a tissue, discard tissues immediately.**
5. **Practice a healthy lifestyle: eat healthy food, get regular exercise.**
6. **Inform yourself about the basics of pandemic influenza.**
7. **Develop your own family plan to address issues such as family illness and school or daycare closures.**
8. **Designate an out-of-town relative or friend to act as a common contact for family members.**
9. **Make a list of phone numbers of emergency contacts and place them near the phone.**
10. **Have a financial plan in case you or others in the family are unable to work for a period of time.**
11. **Have enough prescription medication for several weeks.**
12. **Stock over-the-counter medications such as acetaminophen, ibuprofen, antacid, and cold/cough medicines.**
13. **Plan to work from home, if possible, during an epidemic.**
14. **Check travel advisories before taking long trips.**
15. **Monitor your health if an outbreak occurs.**
16. **If you own a business, make sure you have a plan in place to address employee absenteeism and a possible decrease in earnings.**
17. **Ask your local government, school system, daycare, and employer about their preparations for a pandemic. Keep any handouts or published information.**
18. **Talk with neighbors, seniors, and others in your neighborhood to see if they are preparing, or will require any help.**
19. **If you are able, volunteer to help during a pandemic.**
20. **Review and revise your plans regularly and rotate food and water supplies.**

From the Office of the Acting Fire Chief, John M. Blood
As part of the Hudson Fire Department's ongoing
Public Awareness and Education Campaign for the citizens of Hudson